

SPLISH SPLASH SWIMMING LESSONS

Each swimming lesson session includes classes given according to the American Red Cross standards. Each session is for 2 weeks, Monday through Thursday, with Friday as a makeup day for inclement weather. All sessions will be held at the Bealeton Station Pool, located at Bealeton Station Apartments, Intersection of Station Rd and Route 17, in Bealeton. The pool is located behind the Bealeton Station Apartment's office area, with the entrance to the pool on the side. The shallow end of the pool is 3 feet deep.

Preschool-The Seals

This level is designed for children who are 2 - 4 years of age. This level helps the swimmer feel comfortable in the water. They will learn how to

float, glide, blow bubbles, go under the water, and kick. By the end of the session, the swimmer will feel comfortable doing all the items listed above with assistance.

Beginner I-The Rays

This level is designed for children 4 – 6 who are uncomfortable in the water. This level covers the same ideas as the preschool level with a few advanced differences.

Beginner II-The Dolphins

This level is designed for children 5 – 8 who are comfortable in the water. Not only will the swimmer learn how to float, kick and glide, they will also start to put together the arms and legs for free-style and back stroke. By the end of the session, swimmers will do these techniques unassisted.

*All three levels will also learn how to be safe while around water. Learning to be safe is a big part of learning how to swim.

County/Non-County Fee: \$65/98 Office Use: 4-150-700630-0002 SRPF02

<u>SESSION I:</u>

Register by Jun 16

OPTION/CLASS	AGES	IIMES	DATES	DAYS	<u>LENGTH</u>	BAR CODE
1. Dolphins	5-8	8:30 - 9:15am	Jun 21 - Jul 2	Mon - Thu	2 wks	433
2. Rays	4-6	9:30 - 10:15am	Jun 21 - Jul 2	Mon - Thu	2 wks	437
3. Seals	2-4	10:30 - 11:00am	Jun 21 - Jul 2	Mon - Thu	2 wks	441

SESSION II: Register by Jul 7

OPTION/CLASS	AGES	TIMES	DATES	DAYS	LENGTH	BAR CODE
4. Dolphins	5-8	8:30 - 9:15am	Jul 12-Jul 23	Mon – Thu	2 wks	434
5. Rays	4-6	9:30 - 10:15am	Jul 12-Jul 23	Mon - Thu	2 wks	438
6. Seals	2-4	10:30 - 11:00am	Jul 12-Jul 23	Mon - Thu	2 wks	442
SESSION III.						

SESSION III:

Register by Jul 21

OPTION/CLASS	AGES	TIMES	DATES	Days	LENGTH	BAR CODE
7. Dolphins	5-8	8:30 - 9:15am	Jul 26 - Aug 6	Mon – Thu	2 wks	435
8. Rays	4-6	9:30 - 10:15am	Jul 26 - Aug 6	Mon – Thu	2 wks	439
9. Seals	2-4	10:30 - 11:00am	Jul 26 - Aug 6	Mon – Thu	2 wks	443
SESSION IV.						

Register by Aug 4

OPTION/CLASS	AGES	TIMES	DATES	Days	LENGTH	BAR CODE
10. Dolphins	5-8	8:30 - 9:15am	Aug 9 - Aug 20	Mon – Thu	2 wks	436
11. Rays	4-6	9:30 - 10:15am	Aug 9 - Aug 20	Mon – Thu	2 wks	440
12. Seals	2-4	10:30 - 11:00am	Aug 9 - Aug 20	Mon – Thu	2 wks	444